

# PARENTS TRAVELING WITH CHILDREN



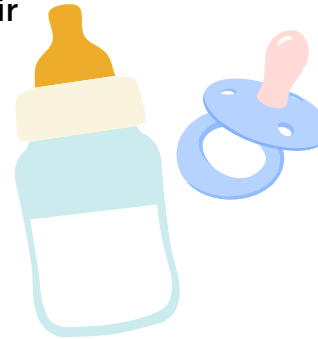
Essential tips and tricks for parents to make traveling through SEA airport enjoyable.



## Pre-Travel Preparation

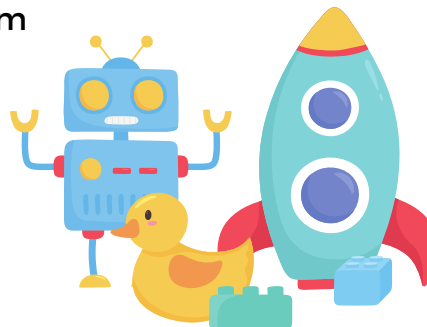
### 01 Bring a Bottle or Pacifier

This tip is especially useful for parents with kids under 18 months. Your child using a bottle or pacifier encourages swallowing, which can help equalize the pressure in their ears and prevent discomfort or pain that can be caused by changes in altitude during the plane's takeoff and landing.



### 02 Pack Comfort Items and Toys

Allow your kids to pick a mess-free toy or two, as well as a comfort item like a blanket as it may help ease their fear of flying. Bring a new travel game or a fun coloring/game book, to keep them entertained for a longer period of time.



### 03 Pack Plenty of Snacks

Snacks are essential for any trip, both for adults and children.

Having your kids' favorite snack on hand can serve as a great treat to help them get through the more challenging parts of the trip.



### 04 Prepare for Security

Have all necessary documents for you and your children somewhere easily accessible and safe. Take advantage of programs offered by TSA and SEA Airport to make security screening go by faster and smoother.



### 05 Go Over SEA Social Story with Your Children

In a storybook format, the airport travel experience is detailed along with picture depiction of SEA. Traveling through the airport can be overwhelming, but having an idea of what to expect may help reduce stress and apprehension.

Scan QR code for Social Story



# Activities for Families at the Airport

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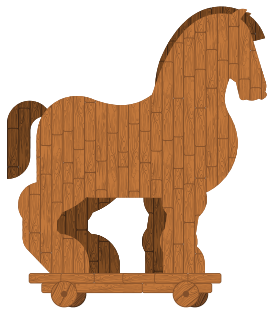
## 01 Visit Children's Play Area

Entertain and look after your young ones while waiting for your flight. Visit the Children's Play Area located cross the Delta Sky Lounge, between the Central Terminal, and Gate A-1. You'll find a full room of brightly-colored activities for kids to exercise their brains and get their wiggles out.



## 02 Go for an Art Walk

Over 100 works of art are on display throughout the airport. Work off some energy with a walk around SEA Airport viewing the various artworks on display. The art collection features some of the finest contemporary works in glass, sculpture, painting and new media.



## 03 Explore the SEA Airport

SEA Airport has plenty of things to do if you've got some time before your flight. From live music to local artisan shops, an art walk and plenty of good food for the whole family. There's plenty to see and enjoy at SEA Airport.



## What You Can do on the Airplane

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### 01 Keep Your Composure

Not everything is in your control. Model the behavior you wish to see in your child and stay calm. Try not to worry about what others are thinking and instead focus on your child and what you need to do to help them manage their emotions.



### 02 Embrace Technology

If there's ever a time to ease up on the screen time rules, it's during a flight. Remember to download movies and shows in advance to keep your children entertained.



### 03 Strategically Plan Their Toys

Avoid showing the kids all the things you brought them all at once; instead, bring them out one at a time as needed to keep their interest.



### 04 Check With the Flight Attendants

Ensuring a peaceful flight for all passengers is a top priority. To help make your child's journey more enjoyable consider checking with the flight attendants about the amenities available specifically for children during the flight.

